



PURPOSE IN LIFE AMONG YOUTH DURING THE COVID-19 PANDEMIC IN KIBRA CONSTITUENCY, NAIROBI CITY COUNTY

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Abstract: *Low levels of purpose in life are leading causes of depression and anxiety among the youth during covid-19 pandemic in Kenya since March 2019. This study analysed the association between purpose in life, depression, and anxiety during the COVID-19 period (2019-2021). Primary data was collected from a sample of 380 youth in Kibra Constituency, Nairobi City County. The sample size per ward was arrived at through proportionate sampling technique. The study used Purpose in Life Test to measure levels of purpose in life and the Revised Children's Anxiety and Depression Scale to assess the level of depression and anxiety. Descriptive and inferential statistical techniques were used to analyse quantitative data with the help of SPSS version 23. Findings from the study showed that, participants had 89.3% low, 4.0% moderate, 6.7 severe levels of anxiety while, on the hand, 53.6% had severe, 11.7% moderate, 34.7% mild levels of depression. The finding also showed that Female were more depressed at 36.8% than male 28.5%. Furthermore, the study found that respondents had 77.1% low levels and 22.9% high levels of purpose in life. Depression and anxiety combined, the participants had 60.8% low, 25.1% moderate and 14.1% severe levels. The study concludes that, depression and anxiety were induced by lack of purpose in life. Anxiety and depression were related to each other to a very larger extent. The study recommends that, Ministries of Education and Health need to initiate policies on mental health intervention mandatory for Kenyan urban slums to counter the negative influence on psychological health. Findings from this study can be useful to psychologists, psychotherapists and counselors to create more awareness of purpose in life among the youth.*

Key words: *Purpose in life, Youth, COVID-19 Pandemic, Depression, Anxiety*

1.1 Study Background

In Wuhan City in China, the coronavirus (Covid-19) was first reported to be a killer disease, spreading from animals to humans, and then humans to humans (Zhang & Ma, 2020). Corona virus brought the world to a standstill. One cannot but agree that the pandemic changed humans' lifestyles to some degree. The human being as relational beings were forced to confined environment and were strongly encouraged to adhere to social distancing. This pandemic affected the life of every age, disrupting human progress. The World Health Organization (WHO, 2021) defined coronavirus (COVID-19) as an infectious respiratory disease caused by a newly discovered coronavirus. One of the

symptoms of the virus is respiratory difficulties with older people and the ones that have medical history problems such as diabetes, cardiovascular disease, and cancer patients more susceptible and be adversely affected. Unemployment claimed the lives of more than 20 million individuals between the beginning of COVID-19 and the middle of April 2020. As of June 8, 2020, the mortality toll in the United States was over 113,000, with a total of more than 2,000,000 confirmed cases (Ettman, at al., 2020).

According to Olayinka (2015), mental health problems in Africa are a major reason of the continent's high rate of anxiety, depression and lack of purpose in life. There was a 37% increase in domestic violence in South Africa, and a 34% increase in gender-based aggression complaints in Kenya (Petrowski et al. 2021). Consequently, young people were frequently the victims of or observers to domestic abuses, which have negative influence on their physiological health and psychological development. More than half of all teenagers in Sub-Saharan Africa suffered from repeated mental health issues (Mbwayo et al., 2021).

Odhiambo et al. (2020) stated that in March 13th, 2020, Kenya reported its first case of covid-19, and was officially declared a pandemic by the World Health Organisation in March 11, 2020. Due to the closing of business ventures, Churches and educational institutions, Kenya's economy was severely affected.

According to Viktor Frankl, the most important goal in life is to find meaning in one's existence, not to have fun or to be the best (Frankl, 1984). He came up with the theory that achieving significant goals and leading a happy and fulfilled life depended on having a clear sense of purpose in life (Frankl, 1997). People who lack a strong sense of purpose in life may suffer from depression and anxiety, as well as other types of serious mental illness (Zeiser, 2005). In nations including Spain, Italy, Israel, France, Brazil, and Argentina, "anxiety" was found to have a strong positive link with the number of COVID-19 cases and deaths (Misiak, Szczeniak, Kaczanowicz & Rymaszewska, 2020). This research discovered a relationship between RSV for "insomnia" and a large number of Coronavirus illnesses and deaths around the globe.

During their formative years, young people commit themselves to customs and beliefs that help them understand the world around them (Erikson, 1968). This isn't always the case; some people have nothing to base their beliefs on other than their own self-promotion. In Erikson's view, if a young person lacks a driving belief system in their early years, they are less likely to have one later in life. To put it another way, those who lack a life purpose in their early years are more likely to develop mental and behavioral issues than those who have one (Demon & Gregory, 1997). Many young people appear to be searching for a greater purpose in life, and this is a subject worthy of more study (Bronk, 2013). Mentoring has been resistant to study the role of meaning in life in earlier studies (Crego et al., 2021). Child and adolescent behavior is affected by genetic inclinations, deformities, and cultural traditions, previous experience with the primary care giver, family background, peer interactions, economic conditions, schooling, neighborhood and community compositions, as well as other factors (Stillman at. al., 2009). In terms of how these elements influence the conduct of kids, theories disagree. All major theories, on the other hand, depict certain young people as developing behavioral responses such as excessive stress control, affiliation, partnering, appeal, prestige desire, fear, embarrassment, and shame (Miles, 2012). Mental health can be improved by allowing a few deviations in the purpose of life for youth.

"He who has a way to live for can suffer nearly anyhow," Nietzsche wrote (1984, p. 109). According to certain studies, many people long for a sense of purpose in their lives and are searching for it. 72% of students and 59% of employed individuals said that meaningful employment was one of their top priorities in life (Jones, 2008). A large number of people are concerned about their purpose in life and how they might make a difference in the world (Adhiya-Shah, 2017). Purposelessness has been

related to mental illness, according to Rainey (2014), while living a life driven by meaning is good for the individual as well as society as a whole.

Rather, according to Crego et al., (2021) there is no innate way to determine what one's life's meaning is. They don't come into this world with a sense of purpose. Finding, creating, and learning this are all necessary steps. Many researchers have different ideas about what life's purpose is. A person who has aspirations in life, and a belief that life has a purpose with purposes and objectives is one who has a sense of purpose in life (Schippers & Ziegler, 2019). This suggests that a young person with a strong sense of self-confidence may be able to cope with the stress of the Covid-19 outbreak and its aftermath.

Low level of purpose in life is a strong precursor to severity in depression. According to Viktor Frankl (1997), the most important goal in life is to find meaning in one's existence, and a lack of meaning in life could pave way to negative consequences. A happy and fulfilled life is depended on having a clear sense of purpose in life. People who lack a strong sense of purpose in life may suffer from depression and anxiety, as well as other types of serious mental illness (Zaiser, 2005).

1.2 Statement of the Problem

People who have a sense of purpose in their lives are more likely to have better mental health and well-being. Depression and anxiety are often accompanied by feelings of meaninglessness in life (Hedberg, Gustafson, Alèx, & Brulin, 2010). People who have a strong sense of purpose in life are happier, more hardworking, and more involved in society than those who don't have such a strong sense of purpose (Pearson & Sheffield, 1975). Young people's standard of living, mood, and purpose in life were found to be strongly linked in a study (Hicks, Trent, Davis, & King, 2012). Therefore, it is hard to determine either low concentrations of significance or meaning in life cause mental health problems or psychological distress cause low levels of purpose in life among the youth.

In a study conducted in China, Zhang et al. (2020) discovered that patients infected with COVID-19 had a higher prevalence of depression, having a rate of depression of 29.2%. People who had been exposed to Covid-19 had a rate of depressive symptoms of 19.3%, whereas those who hadn't were found to have a rate of 14.3%. (Zhang et al., 2020). Covid-19 pandemic limitations were shown in a research of Spanish children and adolescents to diminish levels of physical activity, a key factor in mental health. Idleness and excessive screen-watching, as well as a decreased intake of greens and fruits, were also a result of this (López-Bueno et al., 2020). An increase in young people's substance misuse was also linked to mental health problems and inadequate coping mechanisms during the Covid-19 pandemic (Dumas., Ellis. & Litt., 2020). There is a dearth of research on the relationship between psychological distress in the Kibra slums, as well as the incidence of these disorders. As a result, this research aims to fill this gap.

1.3 Study objective

The study objective was to investigate the purpose in life among youth during the covid-19 pandemic in Kibra constituency, Nairobi City County

1.4 Literature review

To understand the theoretical underpinning of this study, this research was grounded on theoretical review and empirical review of existing literature on life purpose among young people.

Theoretical review

The study was guided by three theories namely Albert Elis (1999) rational-emotive behavior theory (REBT), Aaron Beck (1967) cognitive-behavioral theory (CBT), and Victor Frankl (1984)

logotherapy theory. Rational-emotive behavior theory (REBT) approach is based on a model of change that posits that irrational beliefs and thoughts are high link to psychopathology in a human being. A reduction in irrationality enhances a healthy life. A sick person may be deluded to think that one's sickness will never be cured, or situations will never be improved. Holding onto irrational beliefs increase anxiety which may yield to mental health issues (Matweychuk, DiGiuseppe & Gulyayeva, 2019).

This theory alone would not address the possible reason for anxiety, depression and purpose in life hence the need for cognitive behavioral theory (CBT). This theory holds that a human person perceives an event and interprets that event according to one's belief in which the outcome may generate negative or positive thoughts, feelings, emotions and paving way to actions (Beck, 1979; Finkel & Beck, 2020). According to McGinn's (2000), depression is more likely to strike young individuals who have certain maladaptive cognitive processes, such as the tendency to over-process negative information about oneself and one's circumstances. Having a negative outlook on life influences one's perception, interpretation, and recollection of personal experiences, leading to a negatively biased construal of one's personal environment and eventually, the development of depressive symptoms. The need for logo therapy theory was critical in this study. The proponent of this theory, Frankl (1984) claimed that finding meaning in life gives credence to one's sense of purpose, and a lack of sense of purpose in life could enhance psychological disorders like depression and existential anxiety. Frankl (1954) alluded that human can only derive meaning from activities that have great significance in their live (Martela, & Steger, 2016). Experiencing or meeting someone or something can be a source of significance for individuals.

According to Frankl's (1984) theory, discovering meaning has three facets. The first is a direct encounter with anything in the surroundings, such as art, music, or the natural world. Human interaction is the second aspect. The third method focuses on how people deal with their own pain. Humans have two choices when faced with tough or catastrophic occurrences in their lives. Humans are mentally and physically capable of overcoming these challenges; preserving one's feeling of self-worth in the face of sadness, tragedy, or suffering is likely to strengthen one's sense of purpose in life, whereas failing would not (Frankl, 1984; Wong, 2014). This awareness makes these theories suitable for this study and thus rational-emotive behavior theory (REBT) theory and cognitive behavioral theory (CBT) complement each other.

Empirical review

Purpose in Life, Depression and Anxiety

In a number of studies, researchers have shown a link between hopeless thoughts and depression (Esposito, & Clum, 2002). A lack of purpose in life has been found to be a contributing factor in youth severity of depression, according to previous research (Dogra, Basu, & Das, 2011). Frustration has been linked to a lack of purpose in life in numerous researches (Crego et al., 2021). According to Khasakhala et al., (2012), there has been a 43.7 percent prevalence of depression in Kenya compared to similar findings throughout the globe.

Covid-19 is a hazard to mental health over the world. Many people's levels of stress, worry, and despair have also risen as a result of it (Van der Westhuizen, 2021). Mental health services in Kenya receive about 0.05 percent of the total budget, despite the fact that they have a significant detrimental impact on society (Ochillo & Elsie 2020). It is probable that the Covid-19 epidemic will limit the utilization of quality health services amongst most Kenya's youthful population. In Kenya, for example, 66% of the population is under the age of 25. (Karijo et al., 2020). He continued to argue that, there are a relationship between depression and anxiety during the covid-19 pandemic period and

one's sense of purpose in life. Depression and anxiety may be linked to a person's sense of purpose in life.

1.5 Methodology

This study applied the quantitative and descriptive research design. The research was carried out among the male and female youths in Kibra Constituency, Nairobi City County. The sample size was determined using the Yamane (1967) formulae of sample calculation for surveys as demonstrated below:-

$n = \frac{Z^2pqNe}{N-1 + Z^2pq}$; Where n is the size of the sample; Z is the standard normal deviation at the accepted confidence level. Assuming a 95% satisfied level, the value of Z is 1.96.

N=Total population

e is the error margin, which is 0.05.

P is the proportion in the target population approximated to have characteristics being measured, taken as 0.5.

q = 1-p

In this research, the sample size was:

$n = \frac{1.96^2 \cdot 0.5 \cdot 0.5 \cdot 360780}{1 + 1.96^2 \cdot 0.5 \cdot 0.5}$

n=380

The sample size of this study was 380 youths. The study made use of proportional sampling technique. The Purpose in Life Test scale was employed to measure levels of purpose in life and the Revised Children's Anxiety and Depression Scales to assess the severity of depression and anxiety. Data was statistically analysed with the help of the Statistical Packages for the Social Sciences (SPSS), version 23. The research questions were answered using both descriptive and inferential statistical methods. The Pearson's (r) coefficient correlation analysis was used to examine the association between purpose in life, depression and anxiety, and findings were presented in summary tables.

Data Collection Instruments

The PIL Test (Purpose in Life) is an assessment of Viktor Frankl's theory. "The will to meaning" is derived from Frankl's work and tested as a test of Frankl's main notion (Crumbaugh, 1968). When it comes to determining a person's sense of purpose in life, Crumbaugh and Maholick (1964) developed the Purpose in Life Test (PIL). For complicated psychological diagnostics, it was designed for use with adolescents and adults ages 13 to 75, and it can be used for testing purposes. The PIL includes the following 20 statements: "I am typically...", with "totally bored" as one anchor and "exuberant, enthusiastic" as the other on a five-point scale (Molasso, 2006).

Renamed from Spence Child's Anxiety Scale to Revised Childhood Depression Scale (Spence, 1997). Symptoms are rated on a scale of 1 (never) to 4 (always). Children's anxiety and depression can be quickly assessed with the 25-item RCADS short form (Piqueras et al., 2017). Total Fear, Total Despair, and Total Anxiety are the only RCADS-25 scores that can be obtained.

Children and adolescents between the ages of 8 and 18 can take the RCADS-25, which is a self-report questionnaire designed to measure anxiety and MDD under the DSM-IV definition of these illnesses (Klaufus, et al., 2020). Using a representative sample of 1641 students, it was found to have a factor structure congruent with DSM-IV diagnoses of anxiety and depression and to have a high degree of preferred internal consistency (Chorpita et al., 2000). Aim of the Device: To Evaluate Clinical Issues in Adolescents (Mehmood & Sultan, 2014).

In terms of internal consistency (Cronbach's alphas between 0.65 and 0.83) and data quality, the RCADS-25 performed well (Young et al., 2020). Breaux, et al. (2020) report that RCADS-25

dependability was good at all-time points ($s = .89-.96$) in a study of 238 teenagers (132 males; ages 15–17 years) from two sites in the Southeast and Midwest of the United States.

Validity and Reliability of the Instruments

A research instrument's dependability is a key determinant of validity in quantitative studies. The validity of data collection tools was expected to provide accurate portrayal of the results that the researcher will test. Validity is a measure of how well an instrument captures the concept being studied (Taber, 2018).

According to Taber (2018), learning resources are measurement equipment that should possess appropriate dependability in terms of their internal consistency or stability.

Criterion validity was found to be in accordance with the PIL's concurrent validity measures (Crumbaugh, 1968). According to Spearman-Brown, the split-half correlation of the PIL ($N = 120$) generated a coefficient of 0.85 and changed to 0.92, indicating that the survey was credible (Ackerman, 2013). This demonstrates the tool's dependability in delivering results that can be trusted (Hanson, & Voight, 2014). At (0.9) and (0.83), the PIL's split reliability and test re-test coefficient were adequate (Benton, van Erkom Schurink, & Desson, 2008).

Ebesutani et al. (2012) produced a 25-item RCADS version that reflects a single 'wide anxiety' dimension and reduces customer burden and administration time. RCADS-25 delivers accurate and reliable findings on anxiety and depression in children and adolescents by distinguishing between subtypes (Esbjrn et al., 2012). Cronbach's alphas ranged from 0.65 to 0.83, which is a good sign for data because of the satisfactory psychometric features of the RCADS-25 (Young et al., 2020). Cronbach alphas ranging from 0.78 (for SAD) to 0.88 (for GAD) were reported in another study as evidence of its good internal consistency (Klaufus et al., 2020). The RCADS-25 is an excellent tool for defining anxiety and depression disorders, reporting acceptable results, and tracking clinical improvements, demonstrating its use in both clinical and research settings (Ebesutani et al., 2012).

1.6 Findings and discussions

The study sought to examine the purpose in life, among youth during the Covid-19 pandemic in Kibra Constituency, Nairobi City County- Kenya.

Table 1: Association between Purpose in Life and Social Demographic Characteristics

Association Between Purpose in Life and Social Demographic Characteristics										
		Have Purpose in life		No purpose in life		OR	95% C.I		P	
Age	13	10	2.7%	26	6.9%	0.053	0.014	0.207	0.000	**
	14	21	5.6%	4	1.1%	0.004	0.001	0.019	0.000	**
	15	18	4.8%	58	15.5%	0.066	0.019	0.233	0.000	**
	16	34	9.1%	32	8.5%	0.019	0.006	0.067	0.000	**
	17	3	0.8%	146	38.9%	1.000				
Gender	Female	54	14.4%	137	36.5%	0.534	0.326	0.876	0.013	**
	Male	32	8.5%	152	40.5%	1.000				
Education level	8	20	5.3%	0	0.0%	0.000	0.000		0.998	
	10	13	3.5%	51	13.6%	0.054	0.012	0.248	0.000	**
	11	51	13.6%	23	6.1%	0.006	0.001	0.027	0.000	**
	12	2	0.5%	145	38.7%	1.000				
Religion of the participant	Christian	82	21.9%	213	56.8%	0.137	0.048	0.386	0.000	**
	Muslim	4	1.1%	76	20.3%	1.000				

Source: Field data, 2022

The most prevalent age at which students lose their sense of direction in life is in the 12th grade (38.7 percent). According to earlier studies, teenagers lose their directional sense as they get older. All eighth-grade students have a life goal (OR=0.000, 95% CI 0.00-0.000; P=0.998), which is a substantial conclusion. The OR for Christian participants was 0.137, with a 95% CI of 0.048 to 0.386 and a p-value of 0, while the OR for Muslim participants was 0.137.

The Pearson's (r) coefficient correlation analysis was carried out, and the findings are presented in table 2 below.

Table 2: Correlation between Purpose in Life, Depression and Anxiety

Correlation in life		Anxiety	Depression	Depression/anxiety	Purpose
Anxiety	Pearson Correlation	1.00	0.425**	0.741**	-0.447**
	Sig. (2-tailed)		0.000	0.000	0.000
Depression	Pearson Correlation	0.425*	1.00	0.846**	-0.789**
	Sig. (2-tailed)	0.000		0.000	0.000
Depression and anxiety	Pearson Correlation	0.741*	0.846**	1.00	-0.698**
	Sig. (2-tailed)	0.000	0.000		0.000
Purpose in life	Pearson Correlation	-0.447*	-0.789**	-0.698**	1.00
	Sig. (2-tailed)	0.000	0.000	0.000	

** . Correlation is significant at the 0.01 level (2-tailed).

Source: Field data, 2022

As seen in table 2, The Pearson correlation ($r = 0.425$) showed a weak positive association between anxiety and depression. This was likewise determined to be significant ($p = .000$). Also, Anxiety, depression, and purpose in life were found to be negatively correlated. A Pearson correlation coefficient of -0.698 and a p -value of 0.000 . According to the findings of this study, having a low sense of purpose in life might be exacerbated by both clinical depression and anxiety. It has been shown that young people who lack a sense of purpose in life are more likely to be depressed, therefore educating them about the need of finding meaning in their lives could help to alleviate depression and anxiety in the community as a whole.

The covid-19 epidemic worsened depression and anxiety in nearly all of the participants of the study. This is because they felt they had no purpose in their life. Anxiety and depression among young people have risen during the covid-19 pandemic, especially among those with low levels of purpose in life, which has led to an increase in suicidal thought and frustration in life. Andersson and Zbirenko (2014) found that poor environmental structure, lack of communication in families, and poor leadership in society do enhance depression and loss of meaning in life especially among the youths. The findings are in agreement with previous studies which found positive association between anxiety and depression (Im, Swan, Warsame, & Isse, 2022; Venturo-Conerly et al., 2022, & Tumaini et al., 2020). The negative correlations found between purpose in life, depression and anxiety are highly consistent with correlations in other studies. Crego et al., (2021) found a large proportions of variance in purpose in life (49%), anxiety (35%), and depression (45%) symptoms. Severity of depression and anxiety were associated with purpose in life.

Association between Purpose in Life and Anxiety With Depression

The fourth objective of the study was to determine the association between purpose in life, depression, and anxiety among youth in Kibra. The results are presented in table 3 below.

Table 3: Association between Purpose in Life and Anxiety with Depression

		Association Between Purpose in Life and Anxiety with Depression						
		Low Depression	Moderate to High Depression	OR	95% C.I			
Anxiety	Low	130 4.7%	205 54.7%	1024447461.32				
	Moderate to High	0 .0%	40 10.7%	1	.00	.997		
Purpose in life	Purpose	68 8.1%	8 4.8%	13.83154122				
	No purpose	62 6.5%	27 60.5%	1	.663	4.966	.000	

Source: Field data, 2022

Findings shows that, out of the total 335 youths who had low anxiety, 205 (54.7%) were found to have moderate to severe depressive symptoms. Further it was observed that all the 40 youths who had moderate to high anxiety were found to have moderate to severe depressive symptoms (OR=1.00). The study further show that for all the youth who had purpose in life only 4.8 % were found to have moderate to severe depressive symptoms. Similarly, 60.5% of the youth who had no purpose in life were found to have moderate to severe depressive symptoms.

Self-awareness, goal-setting, and success are all components of having a strong sense of life purpose. This inner unhappiness is called an existential vacuum, and it arises when there is no purpose in life. Many of those who took part in the Kibra constituency research had low levels of purpose in life. A total of 50.7% of respondents participated showed that they had no plan for the rest of their lives at the time of the survey, while just 49.3% stated they had. Consistent with previous research, we found that individuals reporting low levels of depression and anxiety also reported a greater sense of purpose in life as highlighted by Erikson, it is difficult for a young person later in life to acquire a motivating belief system when they have nothing to focus their time and energy to in their formative years (1968).

Because of the extreme poverty in Kibra, Pereira (2021) argues that when the pandemic first arrived, participants were frightened, deprived of income and resources, and subjected to hostility and discrimination from a hostile non-supportive community. One of the main causes of sadness was socioeconomic isolation and a lack of basic necessities, he says. It has been suggested that the lack of a clear sense of purpose in life can be traced back to a sense of frustration brought on by the failure to meet one's expectations. The Covid-19 pandemic may have caused the respondents to develop mental aberrations as they struggled to adapt to the new environment. According to Abdollahi & Talib (2015), suicidal thoughts is exacerbated by cognitive thinking errors and a loss of significance in one's life. Some of these factors led to a rise in the number of deaths among young people who engaged in risky and illegal activities, as well as a return to hazardous peer networks.

Depression and anxiety cases spiked during the covid-19 epidemic, according to the research, since people's sense of purpose in life was diminished. Due to a lack of mental reconstruction and counseling on coping skills, the youth were allegedly not effectively supported at the closure of schools. As a result, they were unable to cope with the Covid-19 pandemic challenge in their communities, leading to sadness and anxiety.

Geng, et al. (2018) stated that a person's level of self-discipline is strongly linked to their inclination to contemplate suicide. Self-control-challenged individuals are helpless in the face of temptations for immediate fulfillment. According to Lindert, et al. (2014), young individuals who lack a sense of purpose in life are more likely to participate in substance misuse

Purpose in life had significant direct effect on depression and anxiety symptoms. Crego et al., (2021) found purpose in life was highly relevant to explain mood-related and well-being related outcomes, it may play a different role concerning anxiety symptoms. In current research, we found significant associations determined by correlations and levels between purpose in life and anxiety scores.

Observing the participants, it is important to observe how they affirmed the importance of having a sense of purpose in life. Though the existing institutional counseling programs are financially constrained to raise mental health awareness, especially during the covid-19 pandemic, they stated. Thus, mental health care establishments should spend money on programs that alter behavior and manage emotional anguish. According to Graham, Zhou, and Zhang (2017), economic instability and a sense of hopelessness among young people may have affected the covid-19 pandemic's suicidal ideation. According to the findings of this study, depression and anxiety are common among young people in Kibra who lack a sense of purpose in their lives.

1.7 Conclusion

Young people in Kibra were found to have a significant prevalence of having a low sense of purpose in life, according to this study. From the study, it was also concluded that, depression and anxiety were induced by a lack of purpose in life. In this case, depression and anxiety were linked to each other because there was a connection between the two. Risk factors for depression and anxiety may include

frustration, despair in pandemics, poverty in slums, and thus, must be addressed in order to prevent depression, anxiety and loss of purpose in life among adolescents and youths in Kibera Constituency.

1.8 Recommendations

The Ministry of Education should include extensive counseling in all urban slums and expand the services to the general community, especially for females, who are more vulnerable. To provide these services, educational and governmental organizations should hire and deploy professional counselors.

The society should foster a culture of learning and implementing programs to help people correct their mistaken self-perceptions, as well as creating an atmosphere that is both supportive and conducive for individual's growth and ability to change.

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